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# YOUTH HEALTH BULLETIN

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## SUMMER SAFETY

### **Why is Safe Physical Activity Important?**

Physical activity should be fun. For it to be fun, it has to be safe. It's no fun getting hurt. It's important to know that some activities require special safety gear.

### **Safety on Wheels**

Helmets are very important if you are riding a bike, skateboard, or scooter or if you are skating. The helmet will protect your brain from injury in case of an accident. Also, don't forget your elbow and knee pads.

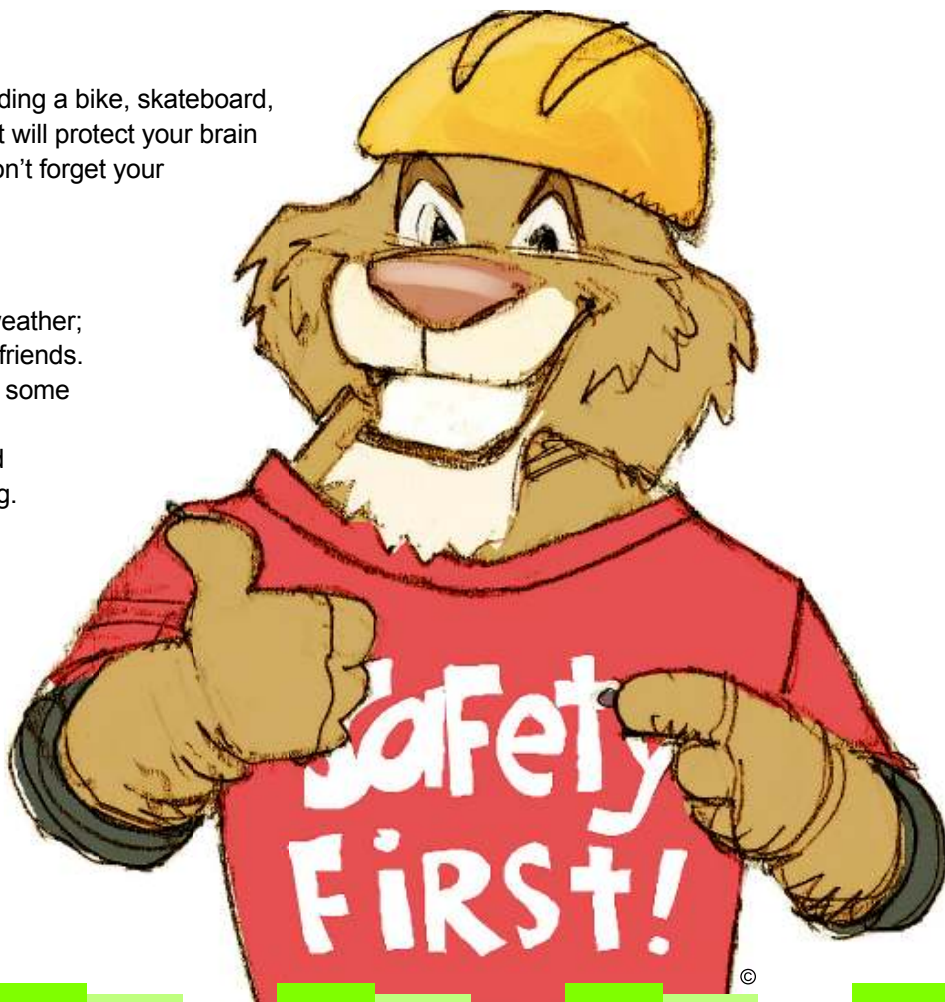
### **When you are riding your bike:**

- Stick to the daylight hours and nice weather; always ride with a parent or group of friends.
- Wear bright-colored clothing and add some reflective stickers to your bike.
- Follow all traffic signals and use hand signals to show others you are turning.

### **Walking Safety**

If you will be walking, make sure you go with a friend or in a group. Always get permission from your parents and let them know where you are going and when you plan to return. Walk during the day, and wear bright, reflective clothing. It is best to walk on a walking path, in a park, or on a sidewalk.

**Continued on the back** →



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**Summer Sun**

It is important to protect your skin from the sun's damaging rays. There are several ways this can be done. The sun's rays are strongest between 10 a.m. and 4 p.m. During this time, think about hanging out in the shade. This will protect you from overheating, by providing a cooler place and a little protection from the sun's rays. No matter what time of day it is, always wear sunscreen. You should apply sunscreen over all



exposed skin 30 minutes before you go out. Don't forget the back of your neck and your ears!

Reapply your sunscreen often. You should do this every two hours or after swimming, sweating, or toweling off, even if the brand you have is water or sweatproof.

**Drink Up!**

Did you know that your body has its very own air conditioning system? When your body heats up, it produces sweat. When the sweat dries, or evaporates, it cools your body. It's important to remember that when your body sweats, it is losing water, so you need to replace it by drinking water.

A few hours before you plan to do a physical activity, drink about two cups of cold water. Take some water breaks during your activity. It is important to pay attention to how you are feeling. If you feel weak, dizzy, or thirsty, get inside or in the shade, drink some water, and tell an adult!



**WORD SEARCH**

L	K	L	A	W	E	D	I	S
S	U	N	S	C	R	E	E	N
S	H	H	E	L	M	E	T	P
Y	Q	S	A	U	R	M	W	P
N	Y	T	E	F	A	S	W	W
X	P	X	H	K	U	W	A	G
Y	K	Y	E	R	Y	T	A	L
B	S	F	P	E	E	U	F	J
P	T	H	Y	R	F	L	O	F

- HELMET
- SAFETY
- SIDEWALK
- SUNSCREEN
- WATER

**QUIZ**

1. When riding a bike outside, you should wear:
  - a. Sunscreen
  - b. Helmet
  - c. Elbow and knee pads
  - d. All of the above
2. Before going outside to play, I should drink some water.
  - a. True
  - b. False
3. All of the following places are safe for walking but:
  - a. Sidewalks
  - b. Street
  - c. Walking path
  - d. Park

**SOURCES:**

- Center for Disease Control and Prevention: BAM! Body and Mind. Available online at <http://www.bam.gov>.
  - "Survival Skills. Keeping Your Cool!"
  - "Survival Skills. Play it Safe."
  - "Survival Skills. Top 10 Tips for a Safety Savvy Workout."
  - "Survival Skills. Sun Proof."
  - "Survival Skills: The Hard Facts About Helmets."

Adapted from Get Moving Kentucky Starting Safely Lesson

**YOUTH HEALTH BULLETIN**  
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